

**TABLE 10-7F**  
**Default Metal Building Roof U-Factors**

<u>Insulation System</u>	<u>Nominal R-Value of Insulation</u>	<u>Total Nominal R-Value of Insulation</u>	<u>Overall U-Factor for Entire Base Roof Assembly</u>	<u>Overall U-Factor for Assembly of Base Roof Plus Continuous Insulation (uninterrupted by framing)</u>								
				<u>Nominal R-Value of Continuous Insulation</u>								
				<u>R-5.6</u>	<u>R-11.2</u>	<u>R-16.8</u>	<u>R-22.4</u>	<u>R-28.0</u>	<u>R-33.6</u>			
<b>Standing Seam Roofs with Thermal Spacer Blocks</b>												
<b>Single Layer</b>												
None	0	<b>1.280</b>	0.162	0.087	0.059	0.045	0.036	0.030				
R-6	6	<b>0.167</b>	0.086	0.058	0.044	0.035	0.029	0.025				
R-10	10	<b>0.097</b>	0.063	0.046	0.037	0.031	0.026	0.023				
R-11	11	<b>0.092</b>	0.061	0.045	0.036	0.030	0.026	0.022				
R-13	13	<b>0.083</b>	0.057	0.043	0.035	0.029	0.025	0.022				
R-16	16	<b>0.072</b>	0.051	0.040	0.033	0.028	0.024	0.021				
R-19	19	<b>0.065</b>	0.048	0.038	0.031	0.026	0.023	0.020				
<b>Double Layer</b>												
R-10 + R-10	20	<b>0.063</b>	0.047	0.037	0.031	0.026	0.023	0.020				
R-10 + R-11	21	<b>0.061</b>	0.045	0.036	0.030	0.026	0.023	0.020				
R-11 + R-11	22	<b>0.060</b>	0.045	0.036	0.030	0.026	0.022	0.020				
R-10 + R-13	23	<b>0.058</b>	0.044	0.035	0.029	0.025	0.022	0.020				
R-11 + R-13	24	<b>0.057</b>	0.043	0.035	0.029	0.025	0.022	0.020				
R-13 + R-13	26	<b>0.055</b>	0.042	0.034	0.029	0.025	0.022	0.019				
R-10 + R-19	29	<b>0.052</b>	0.040	0.033	0.028	0.024	0.021	0.019				
R-11 + R-19	30	<b>0.051</b>	0.040	0.032	0.027	0.024	0.021	0.019				
R-13 + R-19	32	<b>0.049</b>	0.038	0.032	0.027	0.023	0.021	0.019				
R-16 + R-19	35	<b>0.047</b>	0.037	0.031	0.026	0.023	0.020	0.018				
R-19 + R-19	38	<b>0.046</b>	0.037	0.030	0.026	0.023	0.020	0.018				
<b>Thru-Fastened Roofs Without Thermal Spacer Blocks</b>												
R-10	10	<b>0.153</b>	N/A	N/A	N/A	N/A	N/A	N/A	N/A			
R-11	11	<b>0.139</b>	N/A	N/A	N/A	N/A	N/A	N/A	N/A			
R-13	13	<b>0.130</b>	N/A	N/A	N/A	N/A	N/A	N/A	N/A			
R-16	16	<b>0.109</b>	N/A	N/A	N/A	N/A	N/A	N/A	N/A			
R-19	19	<b>0.098</b>	N/A	N/A	N/A	N/A	N/A	N/A	N/A			
<b>Filled Cavity with Thermal Spacer Blocks</b>												
R-19 + R-10	29	<b>0.041</b>	0.033	0.028	0.024	0.021	0.020	0.017				